

The Top 7 Dangers

1. **Lifting objects** - overexertion causing sprains, strains, tears

Retail and grocery clerks, labourers, material handlers, shippers & receivers

2. **Working on elevated levels** - sprains, strains, tears, & fractures

Any job using ladders, stairs, scaffolding, or other raised areas

3. **Working with knives** - cuts & lacerations

Cooks, food service workers, retail clerks & shelf stockers

4. **Working with hot substances/objects** - burns

Jobs in the hospitality & service industries

5. **Using mobile equipment or motor vehicles** - sprains, strains, tears, & fractures

Any job requiring driving, riding, operating, or operating near mobile equipment

6. **Working with food slicers** - cuts & lacerations

Deli sales clerks, cooks, food service workers & retail sales clerks in supermarkets

7. **Working in proximity to running equipment or machinery**- cuts, lacerations, & fractures

